

Van Puymbrouck: Session: 1: COACH Evaluation sheet for TEAM: AST

Coachinfo: Warming up from: 08:30 untill 09:20. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Bahn Müller Michael

Coaches: Bahn Müller Jana HEADCOACH

PB => Personal Best time

SB => Seasons Best time: Season starting point: first of September.

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:5, starttime: 09:47
Heat: 5/14 Lane : 4 Athlete: DE DONDER FLORE					Q-time: 03:11:87
PB (50m pool): 03:11.87 Gent 08/02/2026					PB (25m pool): 03:22.98 SB: 03:11.87 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.60	01:32.97	02:27.25	03:11.87	
	00:42.60	00:50.37	00:54.28	00:44.62	
					

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:8, starttime: 09:58
Heat: 8/14 Lane : 5 Athlete: BOTERBERGH LIEKE					Q-time: 02:57:59
PB (50m pool): 02:57.59 Gent 08/02/2026					PB (25m pool): 02:57.76 SB: 02:57.59 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.59	01:22.49	02:19.16	02:57.59	
	00:37.59	00:44.90	00:56.67	00:38.43	
					

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:11, starttime: 10:09
Heat: 11/14 Lane : 7 Athlete: DE WOLF TINE					Q-time: 02:48:36
PB (50m pool): 02:48.36 Aalst 28/06/2025					PB (25m pool): 02:45.86 SB: 02:49.38 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.75	01:19.20	02:09.95	02:48.36	
	00:35.75	00:43.45	00:50.75	00:38.41	
					

Coach feedback:

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Event number: 1: 200M MEDLEY WOMEN 11+					Heat:13, starttime: 10:15
Heat: 13/14 Lane : 5 Athlete: VANDERBEKE HASSE					Q-time: 02:38:46
PB (50m pool): 02:38.46 MOUSCRON 29/05/2025					PB (25m pool): 02:36.84 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.74	01:16.02	02:03.86	02:38.46	
	00:32.74	00:43.28	00:47.84	00:34.60	
					

Coach feedback:

Event number: 1: 200M MEDLEY WOMEN 11+					Heat:14, starttime: 10:18
Heat: 14/14 Lane : 7 Athlete: GUISET JELLE					Q-time: 02:36:91
PB (50m pool): 02:36.91 MOUSCRON 29/05/2025					PB (25m pool): 02:34.63 SB: 02:45.96 Aalst 20/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.46	01:12.61	02:01.26	02:36.91	
	00:32.46	00:40.15	00:48.65	00:35.65	
					

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+					Heat:3, starttime: 10:31
Heat: 3/13 Lane : 4 Athlete: SORGELOOS VINCENT					Q-time: 03:10:25
PB (50m pool): 03:10.25 Antwerp 26/01/2025					PB (25m pool): 03:10.31 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:45.16	01:32.85	02:28.34	03:10.25	
	00:45.16	00:47.69	00:55.49	00:41.91	
					

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+					Heat:3, starttime: 10:31
Heat: 3/13 Lane : 6 Athlete: KEYMEULEN ALBERT					Q-time: 03:18:68
PB (50m pool): 03:18.68 Gent 08/02/2026					PB (25m pool): 03:25.56 SB: 03:18.68 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.20	01:31.68	02:33.76	03:18.68	
	00:43.20	00:48.48	01:02.08	00:44.92	
					

Coach feedback:

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Event number: 2: 200M MEDLEY MEN 11+					Heat:6, starttime: 10:42
Heat: 6/13 Lane : 6 Athlete: MARIUS MATTIS					Q-time: 02:54:61
PB (50m pool): 02:54.61 Aalst 28/06/2025					PB (25m pool): 02:55.34 SB: 02:56.60 Aalst 20/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.11	01:23.54	02:16.87	02:54.61	
	00:38.11	00:45.43	00:53.33	00:37.74	
					

Coach feedback:

Event number: 2: 200M MEDLEY MEN 11+					Heat:12, starttime: 11:01
Heat: 12/13 Lane : 1 Athlete: WACHTELAER CELLE					Q-time: 02:26:88
PB (50m pool): 02:26.88 Antwerpen 20/07/2025					PB (25m pool): 02:22.06 SB: 02:30.27 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.37	01:11.01	01:54.46	02:26.88	
	00:32.37	00:38.64	00:43.45	00:32.42	
					

Coach feedback:

Event number: 7: 50M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 11:43
Heat: 2/2 Lane : 5 Athlete: VANDERBEKE HASSE					Q-time: 00:37:26
PB (50m pool): 00:37.26 Gent 08/02/2026					PB (25m pool): 00:36.60 SB: 00:37.26 Gent 08/02/2026
	5 0 M				
PB	00:37.26				
	00:37.26				
					

Coach feedback:

Event number: 9: 50M BUTTERFLY WOMEN 11+					Heat:2, starttime: 11:52
Heat: 2/7 Lane : 4 Athlete: DE DONDER FLORE					Q-time: 00:43:99
PB (50m pool): 00:43.99 Lochristi 01/02/2026					PB (25m pool): no time SB: 00:43.99 Lochristi 01/02/2026
	5 0 M				
PB	00:43.99				
	00:43.99				
					

Coach feedback:

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Event number: 9: 50M BUTTERFLY WOMEN 11+							Heat:6, starttime: 11:57		
Heat: 6/7 Lane : 5 Athlete: DE WOLF TINE							Q-time: 00:33:82		
PB (50m pool): 00:33.21 Antwerpen 15/03/2026				PB (25m pool): 00:33.79SB: 00:33.21 Antwerpen 15/03/2026					
	5 0 M								
PB	00:33.21								
	00:33.21								
									

Coach feedback:

Event number: 9: 50M BUTTERFLY WOMEN 11+							Heat:6, starttime: 11:57		
Heat: 6/7 Lane : 7 Athlete: BOTERBERGH LIEKE							Q-time: 00:34:20		
PB (50m pool): 00:33.15 Antwerpen 15/03/2026				PB (25m pool): 00:33.77 SB: 00:33.15 Antwerpen 15/03/2026					
	5 0 M								
PB	00:33.15								
	00:33.15								
									

Coach feedback:

Event number: 9: 50M BUTTERFLY WOMEN 11+							Heat:7, starttime: 11:58		
Heat: 7/7 Lane : 6 Athlete: GUISET JELLE							Q-time: 00:31:99		
PB (50m pool): 00:31.99 Antwerpen 27/07/2025							PB (25m pool): 00:32.11 SB: 00:32.15 Gent 08/02/2026		
	5 0 M								
PB	00:31.99								
	00:31.99								
									

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11+							Heat:1, starttime: 12:00	
Heat: 1/5 Lane : 3 Athlete: SORGELOOS VINCENT							Q-time: 99:99:99	
PB (50m pool): 00:36.76 Antwerpen 15/03/2026							PB (25m pool): 00:40.82SB: 00:36.76 Antwerpen 15/03/2026	
	5 0 M							
PB	00:36.76							
	00:36.76							
								

Coach feedback:

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Event number: 10: 50M BUTTERFLY MEN 11+		Heat:1, starttime: 12:00
Heat: 1/5 Lane : 6 Athlete: KEYMEULEN ALBERT		Q-time: 99:99:99
PB (50m pool): no time		PB (25m pool): no time SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11+		Heat:3, starttime: 12:02
Heat: 3/5 Lane : 1 Athlete: MARIUS MATTIS		Q-time: 00:36:32
PB (50m pool): 00:35.33 Antwerpen 15/03/2026		PB (25m pool): 00:35.86 SB: 00:35.33 Antwerpen 15/03/2026
	5 0 M	
PB	00:35.33	
	00:35.33	
		

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11+		Heat:5, starttime: 12:05
Heat: 5/5 Lane : 6 Athlete: WACHTELAER CELLE		Q-time: 00:28:95
PB (50m pool): 00:28.71 Antwerpen 08/03/2026		PB (25m pool): 00:28.25 SB: 00:28.71 Antwerpen 08/03/2026
	5 0 M	
PB	00:28.71	
	00:28.71	
		

Coach feedback: